

A REVIEW OF CLASSICAL APPROACH OF SWARNA PRASHAN SANSKAR IN CHILDREN THROUGH AYURVEDA

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ABSTRACT:

Administration of gold in children is explained in ayurveda 'SwarnaPrashan' by acharya kashyapa thousand of year back. He said that administration of Swarna (gold) in children for the benefits of improving the intellectual power, digestion, metabolism and enhances the non-specific immunity of the body. Various herbal formulations can be used along with gold explained by different acharyas. it can be used in the children in to two form as lehana(supplementary food), and jatakarma sanskar(newborn care).Swarna Prashan we use Swarna bhasma which is in form of nano particle which is easily absorb by small intestine and would reach the target site of action through blood. Gold ash is also effective in motor neuron disease in small doses. Gold is a good immunostimulant and also stimulate phagocytic index of macrophages. Swarna bhasma also prevents free radical injury to tissues and have nootropic,

antiacetylcholinesterase, analgesic and antistress activity. Honey has an inhibitory effect to many bacteria and also develops resistance against allergens remaining unaffected by them. ayurveda explain only purified and good quality gold can be used for administration. the dose of swarna prashan can be dependent upon the age of child.

KEYWORDS: Ayurveda, Swarna Prashan, Immunity, gold preparation.

INTRODUCTION :

The use of minerals & metal in the human can be explained since thousand of years. gold is most precious metal which is used for preventive and curative purposes. with regards to its early knowledge to Indians, an earlist references is found during ancient periode, mentined as hिर्रanya(synonym with swarna) in vedic works.¹ Sanskar are performed for the physical, social, and religious development. The word Sanskar is derived from root word ‘Kri’ with ‘Sam’ upsarga, which is being used for several meanings for example in sense of education, cultivation, a purifacatory sacrament or ceremony to enhance the qualities. In Ayurveda, the word sanskar is “Sanskara hi Gunaantradhy anum” means incorporating the specific qualities (in various dravyas or medicines as rasa aushadhi)². In manusmriti he explained that a Dwija (Brahmin) has undergo samskara like chudakarma and jatakarma to get rid of impurities, which is present in bija. In jat karma after cutting the umbilical cord the baby is made to lick the mixture of gold , honey & ghee by chanting mantra.³. from ancient year swarna prashan can be used for increasing the immunity of new born. Immunity means to resist against the infection and decresed the intensity

of vyadhi. It can be co related in ayurveda as vyadhikshamatva. Now in days many ayurvedic chikitsak can be used swarnaprashan for enhances the physical and mental growth of children. In many places in India swarna prashan sanskar is termed as Swarna Amrita Prashana, Swarna Bindu Prashana⁴.

Acharya Kashyapa explain the Swarna Prashana prepratin procedure in detail . according Kashyap, In Swarna Prashan Swarn is rubbed on a washed stone with honey, ghee and water and then while keeping the baby's face towards East Swarn is given to child for licking. He explained benefits of Swarna Prashana as –

सुवर्णप्राशनं ह्योत्नमेधाग्निबलवधणनम्।

आयुष्यं मंगलं पुण्यं वृष्यं वप्यं ग्रहापहम्॥

मासात् परममेधावी व्याग्नधग्निनण च दृश्यते।

षड्ग्निमासैःश्रुतधरः सुवर्णप्राशनाद्भवेत्॥

(काश्यपसंग्रहता, सूत्रस्थानम्)

The benefits of Swarna Prashan is explained below,

1) **Medha, agni, balvardhanam**(improvement in intellect, digestion,metabolism, immunity Y& physical strength).

- 2) **Ayushyam** (promoting lifespan).
- 3) **Mangalyam** (means auspicious),
- 4) **Punya** (sacred).
- 5) **Vrishyam** (aphrodisiac),
- 6) **Grahapaham** (protection from evil spirits & microorganisms).

If SwarnaPrashan administer to child for one month, child becomes Parammedhavi means Genious and if administering for six months, child becomes Shruta Dhara means he can remember all things whatever he listen⁵. Acharya sushruta said that swarna can be given to the child along with ghee and honey in the procedure of jatakarma samskara that is single dose of at birth in the procedure of new born care. Behind this he said that there will be no proper secretion of milk for the first four days after delivery so for to support the baby with preventive and nutritive support such practice are indispensable⁶. Acharya Vagbhatt described that administrated herbal drug along with typical shaped spoon which is similar to that of leaf of holy banyan tree, made up of swarna to the new born for boosting the medha power.⁷

3. Acharya Sushruta said that For prepration of Swarna following herbal drug can be used this are Kustha, Vacha, Brahmi, honey and Ghrita ,Sankhapushpi should Kaidarya and Shwet Durva with Ghrita⁸. Dosage-The correct matra of swarnaprashan is not explained by any acharyas in literature, but by calculation of matra of swarna bhasm we can calculate overall dose of swarnaprashan. References from the various texts which are listed –

1. 1/4th–1/8th Ratti (15–30 mg) Swarna Bhasma⁹
2. 2 Gunja (250 mg)¹⁰
3. 1 Gunja (125 mg)/As per age¹¹
4. 1 Harenu¹²
5. 1/32 Ratti (3.9 mg)¹³
6. 15.5–62.5 mg of Swarna Bhasma¹⁴.

Ayurvedic property of gold-

Rasa-kashaya, Tikta, madhura, katu Guna-guru, snigdha, picchila Veerya-sheeta (cold) Vipaka-madhura (sweet)

Pharmacodynamic property of gold- Swarna bhasma can be used for several diseases like bronchial asthma, diabetes mellitus, rheumatoid arthritis, and nervous system diseases¹⁵. Several studies on gold nanoparticles revealed that it conjugates with antigen to influence the activation of T cell. Its nano particles act as drug carrier an important demonstration of potential of multifunctional for drug delivery. Many pharmacoclinical studies show that gold has antioxidant and restorative property¹⁶. It also acts as antigen carriers and activates phagocytic activity of macrophages and influenced the function of lymphocytes. It is responsible for their immunomodulating effect. The dose of swarna bhasm was 25 mg/kg orally for 10 days. HPLC technique was used to determine brain catecholamine, serotonin and plasma corticosterone

levels. The level of brain catecholamines (norepinephrine, epinephrine and dopamine), 5 HT and plasma corticosterone was near to be normal¹⁷.

Pharmacodynamic property of honey-

Honey has hydrogen peroxide and gluconic acid which has antibacterial action¹⁸. Which is originated from dissolution of sugar by glucose oxidase of honey¹⁹⁻²⁰ Honey also develops resistance against allergens remaining unaffected by them. Due to its high sugar content it has high osmotic pressure which is unsuitable to bacterial growth and proliferation. Its aromatic and phenolic compounds may contribute in overall antimicrobial activity²¹.

Pharmacodynamic property of ghee– Ghee pacifies Pitta and Vata, ghee is useful for rasa, sukra and Ojas, it decreases burning sensation, improves voice, it softens body, and complexion. Ghee has omega 6 and omega 3 fatty acid which are essential for neurological health and brain development²².

Benefits of Pushya Nakshtra-

Due to nourishing effect of Pushya Nakshtra all ayurvedic medicines are administered in this auspicious nakshtra²³. On administration of Pushya Nakshtra day body has better position to absorb the drugs & give sufficient action.

DISCUSSION

Aacharya kashyapa explain the term swarnaprashana.it can be administered to all children for improvement of level of nutrition, immunity , physical strength, growth

& development. Brain development is continued up to 2 years. by Swarnaprashan Sanskar we can improve the growth of brain. He said that administering Swarna to a child for one month, makes him Param Medhavi and by administering for up to six months, person becomes Shruta Dhara ²⁴. swarna has effective property, it has immunomodulating effect. It is useful in common cold, fever and reversible asthma. In malnourished children, it help to reduce the recurrent attacks of infections and help to improves digestive and metabolic power. from above discussion we can said that swarna has useful in physical and mental qualities which are essential for growing child .

CONCLUSION

Swarnprashan Sanskar provides good health by balancing the physical &, mental functions of the body. it improve the immunity as well as intellectual power of a child. Further clinical studies need to be undertaken to determine efficacy and safety profile of SwarnaPrashan in healthy and diseased children.

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